

# Strength Training Plan



## BEGINNER & INTERMEDIATE GUIDE

By Heather Owen, Get Fit. Go Figure! LLC

### *Introduction*

Welcome to Get Fit. Go Figure!'s Strength Training Plan!

In this document you will find cardio suggestions and a 12 week beginner and intermediate strength training plan for a 3, 4 and 5 day split. Be sure to read through all the directions carefully and really commit to your goal. Stay focused, plan ahead and prioritize your health!

I cannot wait to see your progress! Tag me on [Instagram](#) and [Facebook](#) when you make a post, I would love to see it!

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**Disclaimer:** This information is not intended to diagnose, treat, cure, or prevent any disease. The information provided by Get Fit. Go Figure! LLC is not a substitute for a face to face consultation with your physician and should not be construed as individual medical or nutrition advice. It is intended as sharing of knowledge and information from the research and experience of Heather Owen and her community. Make your own health care decisions based upon research and in partnership with a qualified health care professional.

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## *Tracking Progress*

Tracking your progress will be an important part of your program so you can see your improvements over time. Here are a few ways to do this:

### **Measurements**

Take measurements of your chest, waist, hips, thighs and biceps every four weeks.

- Chest: at nipple line
- Waist: at belly button
- Hips: at hip bone (iliac crest)
- Thigh: about 5 inches above the top of the knee cap.
- Bicep: at the peak of your bicep without flexing

### **Pictures**

Pictures will be a very important part of tracking your progress. It helps you see changes over time. Take pictures every four weeks along with your measurements.

### **Body Weight**

Tracking your weight is another great tool but it is only a number. If you set your diet up properly and stick to it, your body will recomposition where you will lose fat and gain muscle. If you are in it for weight loss, aim for about 1-1.5 pounds per week. Any more puts you at greater risk for losing hard earned muscle lowering your BMR and depleting that booty or those awesome shoulders!

When you take your weight, be consistent about the time of day. Weighing in the morning before you eat or drink is best. Use the same scale each time.

You can weigh yourself once a week or seven times a week. Just understand that your weight will fluctuate. For weight loss, look for the weekly low or weekly average, not a perfect decline each day.

Around your period, your weight will hold for a few days or you may gain a pound or two but don't worry, it will go back down after you start your period.

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## Body Composition

Body composition is a great way to track progress but the tests can be pretty inaccurate sometimes. The key is to use the same method carried out consistently to track progress. Some common methods widely available include:

- Body Fat Calipers: \$5 - \$20
  - You can buy calipers for \$5 up to \$200. The cheaper ones will work just fine as long as you are consistent.
- Under water weighing/ hydrostatic body composition analysis: \$35-\$50
  - Contact athletic departments at universities in your area or other gyms and athletic businesses. Or simply search “Under water weighing” or “ hydrostatic body composition analysis” online in your area.
- Dexa Scan \$30-50
  - Search “dexa scan for body composition” in your area. Most medical facilities that do bone density scans are capable of a body composition dexa scan as it is the same machine.
- Bod pod \$35-\$50
  - Contact athletic departments at universities in your area or other gyms and athletic businesses. Or simply search “bod pod” online in your area.

## Track workouts

During your lifting sessions, it is beneficial to track the weight and repetitions you lifted for each set of an exercise. This helps you to see progress. Improvements come as small changes too! You are looking for more weight lifted, less rest or even just one more rep! You can set this up on a spread sheet or in a notebook. Here are a few examples:

Legs	set 1	set 2	set 3	set 4	Notes
Squats (4 x 6-8)	115 x 8	125 x 8	125 x 8	125 x 8	Add 10#
Leg press (4 x 10-12)	300 x 10	300 x 10	300 x 12	300 x 12	Good. Add?

Or

Legs+ Abs	Rest (seconds)	Reps	Weight	reps	Notes
Squats	30 s	8-12	115	12	Tired today,
Squats	45 s	8-12	115	12	not enough sleep.
Squats	45 s	8-12	115	11	
Squats	60 s	8-12	115	10	

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## *Diet*

**Diet is a VERY important part of a healthy lifestyle and a key aspect to meeting your muscle building or weight loss goals.** If you want to keep these goals long term, you will need to continue to make healthy choices. Changing your habits for a healthier lifestyle will become second nature and just another part of your day when you are consistent with your plan and stick with it. You will learn how to prioritize your health and fitness, make healthy choices and find balance in your routine. This does not happen overnight. It takes just as long as it takes to make or break a habit. Consistency, patience and perseverance is key!

I always tell my clients that you need to be in the right state of mind. Try not to think about things you CAN'T have as opposed to making choices because you WANT TO. You will need to constantly learn how to reframe your focus on choices that will help you reach your goals. Over time you will find it will be second nature and something you enjoy because you look and feel great. See my [Diet Guide](#) for more information on diet guidelines, calorie intake, macro calculations, supplement suggestions, how to cut calories and an example meal plan.

## *Cardio*

**Cardio is a great way to create a caloric deficit along with your diet. Here are a few types of cardio you can do followed by suggestions on how to use it.**

### **Cardio types:**

HIIT Cardio -High intensity interval training. Heart rate 150-180 beats per minute (BPM).

HIIT can be done doing sprints, biking, box jumps, sled, battle ropes etc in a 1:3 work rest ratio.

Example:

5 mins slow run to warm-up

5 intervals - 20 seconds VERY hard, 60 secs slow

5 minute cool down

This totals about 17 mins of cardio

MISS cardio - Medium intensity steady state. Work steadily on an elliptical for example for an allotted amount of time. Heart rate 130-150 BPM.

MIIT cardio- Medium intensity interval training. Do intervals of 1 min at a somewhat challenging pace, 1 min slow keeping heart rate around 130-150 BPM.

LISS cardio- Low intensity steady state cardio. Work steadily on an elliptical for example for an allotted amount of time. Heart rate 120-130 BPM.

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## Want to lose weight:

**As a general rule of thumb when creating a calorie deficit**, cut 50-100 calories per day each week by decreasing calories or adding cardio. Alternating adding cardio and decreasing calories weekly is a great place to start. Aim for an average of 1-1.5 pounds of weight loss per week.

### Currently doing some to no cardio

#### **If you are a beginner to fitness:**

Start with walking, biking or machines such as the elliptical. Make a plan and set goals for yourself to help you stay on track.

- Start with a few sessions of cardio per week.
- Eventually work up to moving at faster paces like MISS and HIIT type cardio.
- When you are ready, add a few sessions of HIIT beginning with 3-4 intervals.
- Each week add 10-15 minutes of MISS or an interval of HIIT to each session.
- Work up to 4-6 days of 15-30 minute cardio sessions.
- Once you have reached your goal weight, reverse it out the way it was added in as long as weight stays the same. Be patient in your reverse.
- Keep 2 sessions of HIIT at 3-4 intervals in per week for maintenance.

#### **At least some fitness experience:**

If you have at least some experience, do the following:

- Start with 2-3 HIIT sessions per week at 3-4 intervals.
- Every other week add an interval to each HIIT session up to 30 minutes total OR add in 10-15 minutes of MISS cardio to other days.
- Work up to 5-6 sessions of cardio a week between MISS and HIIT sessions.
- Working your cardio up slowly allows you to fend off weight loss plateaus as your body will adapt to your program.
- Once you have reached your goal weight, reverse cardio out the way it was added in as long as weight stays the same.
- Keep 2 sessions of HIIT at 3-4 intervals in per week for maintenance.

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## Currently doing 5-7 days of cardio

If you are already doing a lot of cardio for weight loss and weight has plateaued, reverse cardio out slowly to allow your body to make the most of your lifting sessions while maintaining weight (unless you are in training for an endurance type event). Subtract 10 min of MISS per session or 1-2 HIIT intervals per session each week or every other week as long as your weight maintains. If you are eating lower calories along with a lot of cardio, also reverse diet while maintaining weight first before trying to diet down more. Be patient. It takes time, months! After you have reversed you can add in cardio again and manipulate your diet successfully for weight loss. Then follow the above cardio suggestions. Also see [Reverse Dieting- Who Needs it and How to](#)

## Want to maintain or gain weight:

You can keep cardio out all together as you will get your heart rate up when lifting OR do 2 sessions of HIIT per week for your cardiovascular fitness. You will have to balance your diet with your activity level to maintain or gain weight. See the [Diet Guide](#) on how to set up macros.

[Also see: It's not nice to HIIT!](#) A cardio guide.

## *What's Next?*

If you completed weeks 1-12 with the beginner directions, start over and move onto the intermediate directions. If you have finished through the intermediate directions and want to up your game, advance on to the [Intermediate/ Advanced Strength Training Plan](#) to keep on building that hot bod.

If you are comfortable with this current plan, continue on with it and switch out exercises to keep it interesting using the [Exercise Bank](#). When you need to up your game and really want to continue to improve that bikini bod or building muscle for a figure physique, download the [Intermediate/ Advanced Strength Training Plan](#).

...Or [Join the GF2 Crew](#)! If you want that extra edge for competitions, building that body, losing weight, reversing dieting or cutting into a show, train with me! You would get a custom workout, a macro based nutrition plan, weekly plan changes, bi-weekly check-ins and unlimited support!

**I love to see you working hard in the gym! Tag me! @getfitgofigure #getfitgofigure #GF2Crew**

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## *Guidelines and Directions*

The following are directions for beginners and intermediate lifters with a 3, 4 or 5 day split. A beginner has not consistently lifted before for any length of time. An intermediate person has lifted somewhat consistently and has knowledge of proper form.

**Commit** to a 3, 4 or 5 day plan.

**Choose a weight** that you can lift within the repetition range that is challenging. If you are supposed to do 3 sets of biceps curls for 10-15 repetitions (reps) and you choose a weight that you can only lift for 8 reps, then you need a lighter weight. If you can lift more than 15 reps, you need a heavier weight.

**Push!** Lift on a scale of about an 8-9 out of 10 effort on most sets (stopping about 1-2 reps shy of failure). Then go to complete failure on the final set leaving NOTHING in the tank.

**Proper form above all!** Make sure you have proper form and posture. This is of the utmost importance. If you have never lifted before and are brand new to this gym thang, then I advise you to set up a session or three with a personal trainer to go over form with you. Especially on squats, bench press, overhead shoulder press/military press, dead lifts and barbell rows. If you neglect this piece of advice, you could risk serious injury or injuries that creep up over time that will put you out of the gym for weeks, months or for good!

**Work hard!** If you don't challenge yourself and push your limits (safely) in the gym, then you won't see results! This doesn't mean you should be sore after every workout. You will be at first but as time goes on, being sore may not happen every time. It is not an essential sign that you worked hard or not.

**Consistency and perseverance** is key to improvement and results!

**Short on time:** superset 2 or 3 exercises

**Rest** 30-60 seconds between sets. When you start lifting heavier in lower reps ranges, more rest is needed.

If your gym does not have a piece of equipment specified below, there are many exercises you can substitute. Check out the [Exercise Bank](#). As a general rule of thumb, switch out a compound exercise for another compound exercise and an isolation exercise for another isolation exercise.

**Superset:** do the first exercise,(no rest) then the 2<sup>nd</sup> exercise and/or the 3rd, then rest and repeat

**BB:** barbell

**DB:** dumbbell

**BW:** bodyweight

**Push-** chest, shoulders, triceps

**Pull-** back, biceps

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## 3 day split

Workout A: Legs, core

Workout B: Push- chest, shoulders, triceps

Workout C: Pull- back, biceps, core

## 4 day split:

Do the 5 day split but combine day 3 (shoulders) and 5 (chest, triceps).

3 exercises of shoulders hitting front, middle and rear deltoid

2 exercises of chest

2 exercises of triceps

## 5 day split:

Day 1: Legs

Day 2: Back, biceps

Day 3: Shoulders

Day 4: Glutes/hamstrings

Day 5: Chest, triceps

Choose two days to add in core work.

## Weeks 1-4

**Beginners:** 3 sets of each exercise for 10-15 repetitions

**Intermediate:** 4-6 sets of each exercise for 10-15 repetitions

Choose a weight that is challenging to lift in the specified rep range that allows you to keep proper form.

The last 3 or 4 repetitions should be very challenging. Track the weight and reps you lifted for later comparison.

## Weeks 5-8

**Beginners:** 3 sets of each exercise for 8-10 repetitions

**Intermediate:** 4-6 sets of each exercise for 8-10 repetitions

Start over on week 1 workouts and continue through week 4 but in the lower rep range with heavier weight. Look back at your tracking sheet and see how you've improved and gotten stronger!

## Weeks 9-12

**Beginners:** 3 sets of each exercise for 6-8 repetitions

**Intermediate:** 4-6 sets of each exercise for 6-8 repetitions

Now you will start over going through weeks 1-4 again improving on the weight or reps used during week 5-8. The weight you lift should be increasing with your gained strength and the decreased repetitions.

Make sure you have proper form!

# Strength Training Plan






## Core

Your core is a VERY important group for strength and stability that will carry over into your other workouts. Do the following core workout 2x each week on the days of your choosing after your regular lifting sessions.

### Week 1 Core

**Superset: 3x through, 12-20 reps each exercise**

Exercise	Description	How to
<b>Swiss ball crunch</b>	Sit on a swiss ball, lean all the way back so that your back is arched over the ball. Crunch.	
<b>Side planks</b>	Lie on your side with your legs straight. Prop yourself up on your forearm and raise your hips so that your body forms a straight diagonal line. Hold.	
<b>Hanging leg raises</b>	Hang from a pull up bar with both arms extended. Protect your shoulders by lifting at the joint pulling your chest up instead of dead hanging at the joint. Raise your straight legs until they are parallel with the floor. Also try a knee raise: Raise your bent legs up, knees toward your chest.	



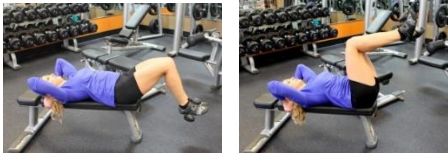

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## Week 2 Core

Superset: 3x through, 12-20 reps each exercise

Exercise	Description	How to
<b>Vertical leg crunch</b>	Lie on floor, put legs straight up in the air, hands behind your head and crunch lifting shoulder blades off the floor. Make sure not to pull on your head or neck with your hands.	
<b>Plank</b>	Keep the body in line from head to toe, tuck your tail bone to make your back somewhat flat and brace your core.	
<b>Reverse crunch</b>	This can be done on the floor or on a bench. Can also hold a DB between your feet. Legs are bent. Crunch your knees inward toward your chest. Make sure to press your lower back into the mat/bench.	 or 

## Week 3 Core

Superset: 3x through, 12-20 reps each exercise

Exercise	Description	How to
<b>Bicycle crunches</b>	Put hands behind head. Crunch diagonally, left elbow to right knee while the left leg is straight and parallel to the floor, then switch and crunch right elbow toward left knee while the right leg is straight and parallel to the floor.	

Continued...

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## V-ups

Lie flat on your back, arms extended above your head. Bend at the hips, simultaneously raise arms to meet your legs in a jack knife position.



## Swiss ball pike

Start in a plank position with shins on a swiss ball. Raise hips while rolling the ball to your toes.







## Week 4 Core

Superset: 3x through, 12-20 reps each exercise

Exercise	Description	How to	
<b>Weighted crunches</b>	Hold a plate on your chest or hold the plate straight above your head, arms extended. Crunch so your shoulder blades are off the floor, pause and lower.		
<b>Slow mountain climbers</b>	Start in a plank position, arms fully extended. Pull one knee into your chest slowly and pause. Return to plank position and repeat with other leg for 1 rep.		
<b>Russian twist</b>	Start with hips and knees bent at a 90 degree angle. Your back should be at about a 45 degree angle to the floor. Keeping your back straight and twisting at the torso, move the weight from side to side. Can be done with no weight.		

## 3 Day Split

### Week 1: Workout A- Legs

Exercise	Description	How to
<b>BB back squats</b>	Start with feet shoulder width apart. Barbell across the back of your shoulders on the muscle. Start by leading with your hips as if you were going to sit in a chair. Lower down until quads are parallel with the floor. Knees should not go forward beyond your toe line. Push weight back up by pushing down and out through your heels as if you were going to tear the floor apart.	
<b>Leg press – feet high and wide</b>	Place feet in the upper corners of the press platform. Fully extend legs and unlock the sled. Bring knees back until legs are at a 90 degree angle, then push legs straight. No not allow your knees to cave in through the movement.	
<b>Split squat holding DB's</b>	Position your feet in a staggered stance, one leg forward, one leg back up on bench. This can be done with your back leg on the floor or on a sturdy platform. 80% of the weight will be in your front leg. Hold DB's at your side. Lower down bending your front leg to a 90 degree angle. Push weight up by pushing down through your heel.	
<b>Lying hamstring curl</b>	Adjust lower pad on your mid to lower calves. Lying face down on the pad, grasp the bars with your hands, bend at the knees and curl pad up.	

Continued...

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## Calf raises

On a standing or seated calf raise machine, or leg press, place your toes so that your feet can fully flex down. Raise up and down on toes, flexing calves.



## Week 1: Workout B - Push (chest, shoulders, triceps)

Exercise	Description	How to
<b>Flat bench press</b>	Lie on a bench, tuck shoulder blades under, arching back slightly. Grasp BB just wider than shoulders width apart. Lift bar off the rack with arms extended holding the bar above your chest. Lower the bar down to your chest at the nipple line. Push the bar back up for 1 rep.	 
<b>Incline DB flyes</b>	Adjust a bench so that it is at an incline. Holding a DB in each hand, extend arms straight up. Bend elbows slightly. Lower DB's outward to the sides keeping elbows fixed in the same slightly bent position.	 
<b>Military Press</b>	Sit on a bench with back support. Hold a BB just outside of shoulder width apart. Start with the BB at collar bone level, push weight straight up, then lower.	 
<b>Rear delt cable extensions</b>	Adjust pulley's so that they are above your head. Grab left pulley with your right hand, and right pulley with your left hand crossing the cables. Move your arms out and backward keeping your arms in a slightly bent position. Pause. Return to starting position and repeat.	 
<b>Continued....</b>		

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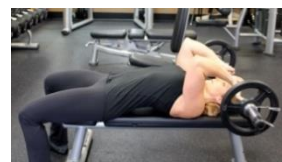
## Lateral DB raises

Seated or standing, hold DB's at your side, keeping arms straight, raise the DB's straight up out to the sides not going above shoulder level. Pause, lower and repeat.



## EZ bar Skull crushers

Lie down on a bench. Hold an EZ bar with a close grip straight above your chest. Bending at the elbows, lower the bar toward your forehead keeping upper arms steady



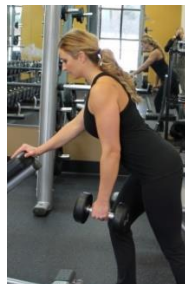



## Triceps rope pushdown extensions

Attach a rope to a high pulley. Grab the rope with a neutral grip, palms facing inward. Push the cable down keeping upper arm stable at your sides.



## Week 1: Workout C- Pull (back, biceps + core)

Exercise	Description	How to
<b>Lat pulldowns - wide grip</b>	Sit down and adjust the knee pad so that it will be snug on your quads. Stand up and grab the bar with a wide grip. Sit down on the seat. Lean back slightly, keep chest lifted and pull the bar down to your upper chest. Keep your upper body stable. Slowly let the bar raise and fully extend arms returning to the starting position.	 
<b>Single arm DB rows</b>	Bending over on a bench so that your back is parallel with the ground (left knee and hand on bench) or, stagger feet and lean against an incline bench. Keeping your back straight, hold the DB with your palm facing the bench. Pull the DB straight up to the side of your chest/upper torso. Squeeze your lats then lower.	 
<b>Continued....</b>		

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## Seated cable rows- grip shoulder width apart or narrow

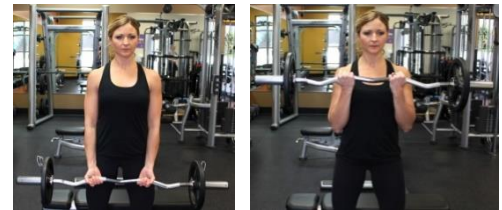
Attach a bar or a double D bar to a pulley. Put feet up on the platform or crossbar. Grab the attachment and pull back into the starting position where your arms are straight and you are leaning back a bit keeping your back slightly arched and shoulders in place. Keeping your body stabile, pull the bar straight into your torso keeping your arms close to your sides.



If there is not a seated row machine available, adjust a pulley to knee height. Put a 45 lb plate or step block on the floor against the pulley. Sit down, legs straight with the bottoms of your feet pushing against the edge of the plate as if it were the platform. Grab the pulley attachment that is now at chest height and follow directions above.

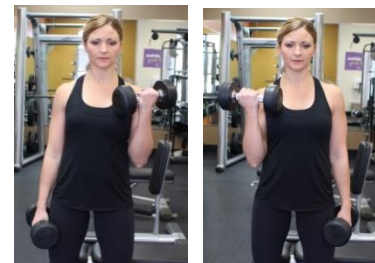
## EZ bar curls

Stand with feet shoulder width apart. Grasp easy bar in the narrow grip or wide grip handles. Starting with your arms straight, curl the bar up to your chest moving only your forearms keeping your elbows close to your sides.



## Incline DB curls

Grab a pair of DB's and sit on an incline bench. Keeping your elbows close to your sides rotate your hands so your palms are facing forward. Keeping your upper arm stabile, curl the weights forward up toward your shoulder moving only your forearm. Alternate your arms.



## Cable hammer curls- with rope

Attach a rope to a low pulley. Hold the rope, palms inward. Moving only your forearm, keeping your upper arm stabile and at your side, pull the rope up squeezing at the top then lower.



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## Week 2: Workout A- Legs

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Exercise	Description	How to
<b>Hack squat</b>	Lay on the pad of the machine and put your shoulders up against the shoulder pads. Place your feet on the platform. Extend your legs and use the safety bars to disengage the sled. Slowly lower the unit by bending your knees. Make sure your feet are positioned so that your knees do not go past the line of your toes.	  Or  
<b>Narrow leg press</b>	Place feet just within shoulder width apart. Fully extend legs and unlock the sled. Bring knees back until legs are at a 90 degree angle, then push legs straight. Do not allow your knees to cave in through the movement.	 
<b><u>Superset:</u></b>		
• <b>Sumo squats</b>	Place feet in a wide stance. Hold a kettle bell or DB in front of you with both hands. Keeping your chest up, lead with your hips into a squat. Pushing down through your heels to return to the starting position.	 
• <b>Stationary alternating lunges</b>	Start in a neutral standing position. Hold DB's at your side or a BB across your shoulders/upper back. Step forward into a lunge then step back into a neutral position. Repeat with the other leg for 1 rep.	 
<b>Continued...</b>		

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## 1 legged straight leg dead lift

Holding a kettle bell in both hands, keeping your back straight, lower the kettle bell to the ground while the right leg goes back and up finishing parallel to the floor. Raise the kettle bell while bringing the right leg down and engaging the glutes and hams in the left leg. Repeat for rep range then switch legs



## Week 2: Workout B- Push (chest, shoulders, triceps)

Exercise	Description	How to
<b>Incline DB press</b>	Lie on a bench adjusted to an incline position. Tuck shoulder blades under, arching back slightly. Grasp BB just wider than shoulders width apart. Lift bar off the rack with arms extended holding the bar above your chest. Lower the bar down to your chest. Push the bar back up for 1 rep.	 
<b>Pec fly deck machine</b>	Sit on the machine with your back flat to the pad. Grab the handles. Arms should be parallel to the floor and out to the side. Push the handles out in front of you.	 
<b>DB shoulder press</b>	Sit on a bench with back support or stand with feet shoulder width apart. With DB's, hold arms at a 90 degree angle so that your upper arms are parallel to the floor. Push DB's straight up, slowly lower.	 
<b>Continued...</b>		

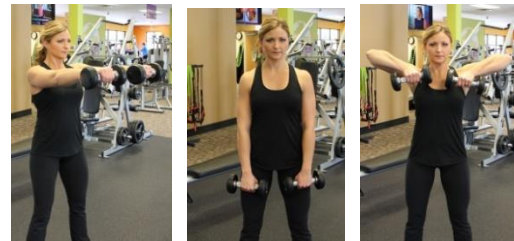
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## DB front raise alternated with DB upright row

Holding DB's at your side, raise both arms straight in front of you, lower and then pull DB's straight up to your chin bending at the elbows, keeping elbows high. Lower and repeat.



## Rear delt machine

Sit on the machine facing the pad. Adjust seat if needed. Handles should be directly in front of you. Grasp the handles and push them straight out to the side and back.



## Seated overhead triceps extensions

Holding a DB with both hands directly behind your head, elbows bent and kept in toward your head. Lift the DB straight up. Upper arms should remain stationary.



## Underhand cable extensions

Attach a v-bar or straight short bar to a high pulley. Grasp the bar with an underhand grip, palms upward. Keeping upper arm stationary at your side, pull the bar down until your arms are fully extended.



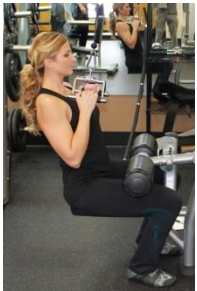







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## Week 2: Workout C- Pull (back, biceps, core)

Exercise	Description	How to
<b>Inverted row</b>	Position a bar on a rack about waist height. Sit on the floor with the bar in front of you. Grab the bar just wider than shoulder width. Position yourself hanging under the bar with your feet on the floor, body straight. Pull your chest toward the bar, pause and lower. Make this more challenging by putting your feet up on a bench.	 
<b>Lat pulldowns – close grip</b>	Sit down and adjust the knee pad so that it will be snug on your quads. Stand up and grab the bar with a close grip. Sit down on the seat. Lean back slightly, keep chest lifted and pull the bar down to your upper chest. Keep your upper body stable. Slowly let bar raise and fully extend arms returning to starting position.	 
<b>Seated cable rows - wide grip</b>	Attach a lat bar to a seated cable row pulley. Put feet up on the platform or crossbar. Grab the attachment and pull back into the starting position where your arms are straight and you are leaning back a bit keeping your back slightly arched. Keeping your body stable, pull the bar straight into your torso keeping.	 
<b>BB curls</b>	Stand with feet shoulder width apart. Hold a barbell, palms upward and shoulder width apart. Starting with your arms straight, curl the bar up to your chest moving only your forearms keeping your elbows close to your sides.	 
<b>Continued...</b>		

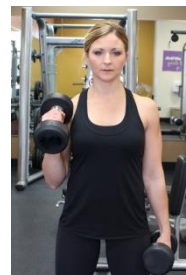
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## DB hammer heads

Holding a DB in each hand at your sides, palms facing inward. Raise the DB up toward your shoulder bending at the elbow moving only your forearm. Upper arm stays stable at your side. Palms remain facing inward. Lower the DB. Alternate arms.







## Concentration curls

Sitting on a bench, holding a DB in one hand, place the back of your elbow against your inner thigh. Lower the weight so that your arm is fully extended. Curl the DB up toward your chest/shoulder moving only your forearm. Your upper arm stays stable against your leg. Do all reps with one arm before switching sides.



## Week 3: Workout A- Legs

Exercise	Description	How to
Front BB squat	Place the bar on the front of your shoulders with upper arm parallel to the ground. Keeping elbows up, squat by lowering yourself leading with the hips as if you were to sit in a chair. Lower down until quads are parallel or below parallel with the floor. Push weight back up by pushing down and out through your heels as if you were going to tear the floor apart. Do this without weight if you are new to the squat.	 
Leg extension machine –1 legged	Seat yourself on the machine and adjust the pad so it is against the lower part of the shin but not in contact with the ankle. Fully extend one leg, pausing at the top of the motion.	 
Continued...		

# Strength Training Plan



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## Smith machine lunges

Stand in a staggered stance with one leg forward, one leg back and the bar across your shoulders/upper back. Lower the weight until your front leg is at a 90 degree angle. Make sure the knee is behind your toe line. Push up through your heel on the front leg and your toe on your back leg.



## Straight leg dead lift

Standing with feet shoulder width apart, lower weight (BB, DB or KB) to mid shin keeping legs straight but joints not locked. Keeping back straight and engaging your glutes, lift weight back up.







## Calf raises 3 ways

On a standing or seated calf raise machine, or leg press, place your toes so that your feet can fully flex down. Point toes inward, point toes outward and point toes straight. Split reps among the three positions.



## Week 3: Workout B- Push (chest, shoulders, triceps)

Exercise	Description	How to
<b>DB flat bench press</b>	Lie on a bench. Tuck shoulder blades under, arching back slightly. Hold DB's straight up above your chest palms facing away, shoulder width apart. Lower the DB's down and to the side of your chest. Your upper arm and forearm should be at a 90 degree angle. Push the DB's back up for 1 rep.	 
<b>Decline DB bench</b>	On a decline bench, follow the above directions.	 
<b>Continued...</b>		

# Strength Training Plan



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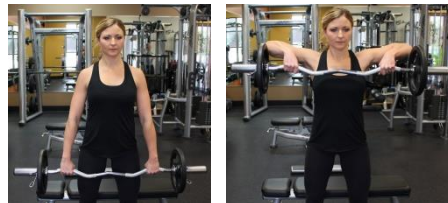
## Arnold Press

Sit on a bench with back support. Hold two DB's in front of you at upper chest level, palms facing you. Raise the DB's as you rotate the palms of your hands to face forward, fully extending arms straight above your head. Lower to starting position for 1 rep.



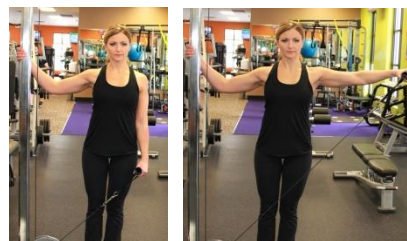
## BB upright rows - wide grip

Standing, hold a barbell shoulder width apart or in a wide grip wider than shoulder width. Pull the bar straight up to your chin keeping elbows high.



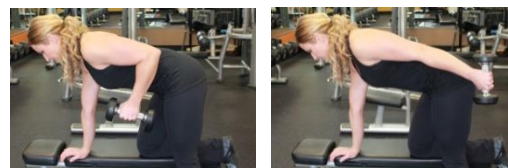
## Side cable lateral raises

Attach a handle onto a low pulley. Stand with your left side to the pulley and the right hand holding the handle at your side. Raise your straight arm up out to your side and lower for 1 rep.



## DB triceps kickbacks

Bend over placing your left knee and left hand on a bench. Holding a DB with your right hand, place your upper arm in line with your body parallel to the floor. Your arm should be bent. Straighten your arm by moving only your forearm straight back. Lower DB for 1 rep. Your upper arm does not move.





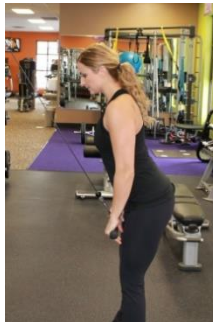



## Bench dips

Place your hands on the edge of a bench with your thumbs facing each other, shoulder width apart. Feet can be on floor, legs bent, legs straight or feet on a bench. Bend your elbows and lower your butt keeping your back close to the bench.



## Week 3: Workout C- Pull (Back, biceps + core)

Exercise	Description	How to
<b>Pull ups</b>	Grab a pullup bar shoulder width apart, palms facing away. Start with arms fully extended. Pull yourself up until your chin is over the bar. Stay steady and in control. For a little help use bands or assist machine if needed or try negative pull ups.	 
<b>Barbell rows</b>	Grasp a barbell just wider than shoulder width apart, palms down. Keeping your back straight and chest up, hinge at the hips and bend over until your back is near parallel to the floor. Bend your knees slightly. Pull the barbell into your torso keeping your elbows in. Pause and lower.	 
<b>Standing straight arm push down - cable machine</b>	Adjust a bar or rope to a high pulley. Grasp the bar with palms down (rope: palms inward). Bend your knees slightly. Keeping your back straight, bend forward slightly with your arms straight, just above your head. Keeping your arms straight, push the bar down to your upper thighs, pause, squeeze your lats and slowly raise the bar.	 
<b>Continued...</b>		

# Strength Training Plan



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## Superset

- **EZ bar preacher curls**

Adjust the pad so that you can comfortably sit or stand at the pad. Grab the EZ bar and place the back of your upper arm onto the preacher pad. Lower the weight until your arms are fully extended. Then curl the bar up to your shoulder height moving only your forearms.



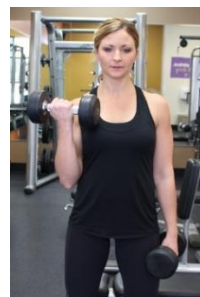
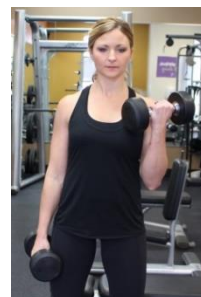
- **Cable hammer curls**

Attach a rope to a low pulley. Hold the rope, palms inward. Moving only your forearm, keeping your upper arm stable and at your side, pull the rope up squeezing at the top then lower.





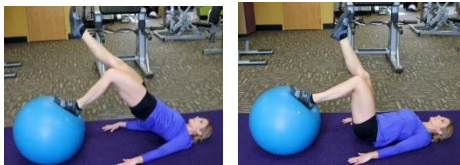


- **DB curls**

Stand with feet shoulder width apart. Hold a DB in each hand, palms facing your body. Starting with your arms straight, curl the DB up to your shoulder level moving only your forearms keeping your upper arm stable against your body.



## Week 4: Workout A- Legs

Exercise	Description	How to
<b><u>Superset:</u></b>		
<ul style="list-style-type: none"> <li><b>Wall sits</b></li> </ul>	Place our back fully against a wall. Squat down so your knees are at a 90 degree angle. Hold for 30-60 second or more.	
<ul style="list-style-type: none"> <li><b>DB walking lunges</b></li> </ul>	Hold DB's at your side. You can use an EZ bar, BB or DB's. Start in a standing position. Step one leg in front of you into a lunge. Then step your back leg forward into neutral and then in front of you into a lunge for 1 rep.	
<b><u>Superset:</u></b>		
<ul style="list-style-type: none"> <li><b>Alternating weighted step ups</b></li> </ul>	Stand in front of a sturdy platform or bench. Hold DB's at your side. Step up onto the bench with the right leg so that both feet are now on the platform. Then step down with the right leg leaving left foot on the platform. Step up with the left leg for 1 rep. Go at a good but safe pace.	
<ul style="list-style-type: none"> <li><b>Sumo squats</b></li> </ul>	Place feet in a wide stance. Hold the kettle bell in front of you with both hands. Keeping your chest up, lead with your hips into a squat. Push up through your heels.	
<b>Single leg hip raise</b>	Place one foot on the floor or on a swiss ball with the other leg straight up. Raise your hips up off the floor, engaging your glutes. Lower your hips and repeat.	

# Strength Training Plan



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## Week 4: Workout B- Push (chest, shoulders, triceps)

Exercise	Description	How to
<b><u>Superset</u></b>		
<ul style="list-style-type: none"> <li><b>Single arm linear jammer</b></li> </ul>	Position a barbell into a landmine or securely anchor it into a corner. Hold the bar in one hand at your shoulder. Extend the elbow pressing the weight straight up.	
<ul style="list-style-type: none"> <li><b>Explosive push-ups</b></li> </ul>	Starting in a plank position, arms straight and slightly wider than shoulder width. Lower yourself to the floor and push back up explosively so that your hands leave the floor and repeat. Do these on your knees, off a bench or standing against a wall.	
<ul style="list-style-type: none"> <li><b>Bench dips</b></li> </ul>	Place your hands on the edge of a bench with your thumbs facing each other, shoulder width apart. Feet can be on floor, legs bent, legs straight or feet on a bench. Bend your elbows and lower your butt keeping your back close to the bench.	
<b><u>Superset</u></b>		
<ul style="list-style-type: none"> <li><b>DB shoulder press</b></li> </ul>	Sit on a bench with back support. With DB's, hold arms at a 90 degree angle so that your upper arms are parallel to the floor. Push DB's straight up, slowly lower.	
<ul style="list-style-type: none"> <li><b>DB bench press</b></li> </ul>	Lie on a bench. Hold DB's straight up above your chest palms facing away, shoulder width apart. Lower the DB's down and to the side of your chest. Your upper arm and forearm should be at a 90 degree angle. Push the DB's back up for 1 rep.	
<ul style="list-style-type: none"> <li><b>DB triceps kickbacks</b></li> </ul>	Bend over placing your left knee and left hand on a bench. Holding a DB with your right hand, place your upper arm in line with your body. Straighten your arm by moving only your forearm straight back. Lower DB for 1 rep.	
<b>Continued...</b>		

# Strength Training Plan



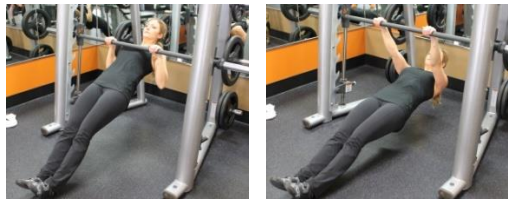

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## Alternating DB lateral raise, front raise & upright row

Do all three in a row as 1 repetition. Start by holding DB's at your side. Raise the DB's out to your side, then lower. Then raise the DB's straight out in front of you then lower. Lastly, bend elbows and raise the DB's straight up to your chin keeping elbows high. Repeat for number or reps.



## Week 4: Workout C- Pull (back, biceps + core)

Exercise	Description	How to
<b><u>Superset</u></b>		
<ul style="list-style-type: none"><li><b>Inverted rows</b></li></ul>	Position a bar on a rack about waist height. Sit on the floor with the bar in front of you. Grab the bar just wider than shoulder width. Position yourself hanging under the bar with your feet on the floor, body straight. Pull your chest toward the bar, pause and lower. Make this more challenging by putting your feet up on a bench.	
<ul style="list-style-type: none"><li><b>DB hammer curl</b></li></ul>	Holding a DB in each hand at your sides, palms facing inward. Raise the DB up toward your shoulder bending at the elbow moving only your forearm. Upper arm stays stable at your side. Palms remain facing inward. Lower the DB. Alternate arms.	
Continued....		

# Strength Training Plan



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## Superset

- **Incline bench pull**

Hold a DB in each hand and lie face down on an incline bench. Start with arms extended toward the floor. Pull DB's up toward your chest, pause and squeeze your back then lower DB's.



- **DB preacher curl-single arm**

Adjust the pad so that you can comfortably sit or stand at the pad. Grab a DB in one hand and place the back of your upper arm onto the preacher pad. Lower the weight until your arm is fully extended. Then curl the DB up to your shoulder height moving only your forearms.



## Superset

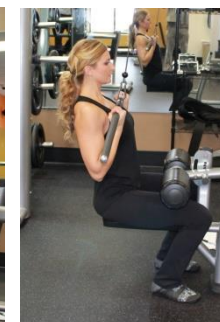
- **Lat pulldown -wide grip**

Sit down and adjust the knee pad so that it will be snug on your quads. Stand up and grab the bar with a wide grip. Sit down on the seat. Lean back slightly, keep chest lifted and pull the bar down to your upper chest. Keep your upper body stable. Slowly let the bar raise and fully extend arms returning to the starting position.






- **Reverse lat pulldown-underhand grip**

Sit down and adjust the knee pad so that it will be snug on your quads. Stand up and grab the bar with a narrow reverse grip. Sit down on the seat. Lean back slightly, keep chest lifted and pull the bar down to your upper chest. Keep your upper body stable. Slowly let the bar raise and fully extend arms returning to the starting position.



## 5 Day Split

### Week 1, Day 1: Legs

Exercise	Description	How to
<b>BB back squats</b>	If you are new to squatting, do this with your bodyweight until you have the hang of form. Start with feet shoulder width apart. Barbell across the back of your shoulders on the muscle. Start by leading with your hips as if you were going to sit in a chair. Lower down until quads are parallel with the floor. Knees should not go forward beyond your toe line. Push weight back up by pushing down and out through your heels as if you were going to tear the floor apart.	
<b>Leg press – feet high and wide</b>	Place feet in the upper corners of the press platform. Fully extend legs and unlock the sled. Bring knees back until legs are at a 90 degree angle, then push legs straight. Do not allow your knees to cave in through the movement.	
<b>Walking Lunges</b>	Hold DB's at your side. You can use an EZ bar, BB or DB's. Start in a standing position. Step one leg in front of you into a lunge. Then step your back leg forward into neutral and then in front of you into a lunge for 1 rep.	
<b>Continued...</b>		

# Strength Training Plan



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## Seated hamstring curl machine

Adjust lower pad on lower calves above the ankles, lower the upper pad so that it is snug just above your knees. Bend at the knees and push the bar down.

*Or*

## Standing cable leg curl

Standing leg curl: Attach an ankle strap to a low pulley. Face the pulley machine and hold handles or the bar. Stand on a platform with the non working leg. Bending at the knee keeping your upper leg stable, curl your lower leg pulling the weight. Pause and lower.




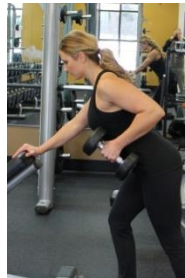


## Calf raise

On a standing or seated calf raise machine, or leg press, place your toes so that your feet can fully flex down. Raise up and down on toes, flexing calves.



## Week 1, Day 2: Back, biceps

Exercise	Description	How to
<b>Lat pulldowns- wide grip</b>	Sit down and adjust the knee pad so that it will be snug on your quads. Stand up and grab the bar with a wide grip. Sit down on the seat. Lean back slightly, keep chest lifted and pull the bar down to your upper chest. Keep your upper body stable. Slowly let the bar raise and fully extend arms returning to the starting position.	 
<b>Single arm DB rows</b>	Bending over on a bench so that your back is parallel with the ground (left knee and hand on bench) or, stagger feet and lean against an incline bench. Keep your back straight, hold the DB with your palm facing the bench. Pull the DB straight up to the side of your chest/upper torso.	 
<b>Continued...</b>		

# Strength Training Plan



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## Seated cable rows

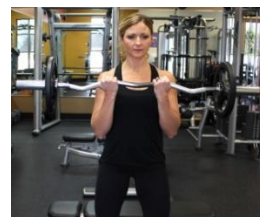
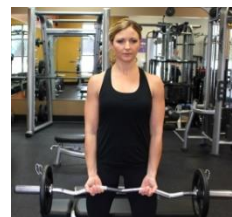
—grip shoulder width apart or narrow

Attach a bar or a double D bar to a pulley. Put feet up on the platform or crossbar. Grab the attachment and pull back into the starting position where your arms are straight and you are leaning back a bit keeping your back slightly arched. Keeping your body stable, pull the bar straight into your torso keeping your arms close to your sides.



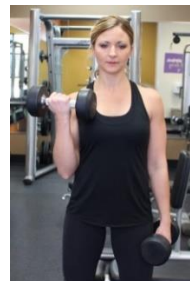
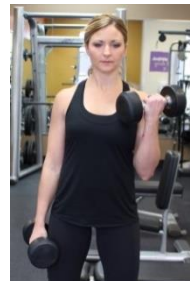
## EZ bar curls

Stand with feet shoulder width apart. Grasp EZ bar in the narrow grip or wide grip handles. Starting with your arms straight, curl the bar up to your chest moving only your forearms keeping your elbows close to your sides.



## DB curls

Stand with feet shoulder width apart. Hold a DB in each hand, palms facing your body. Starting with your arms straight, curl the DB up to your shoulder level moving only your forearms keeping your upper arm stable against your body.




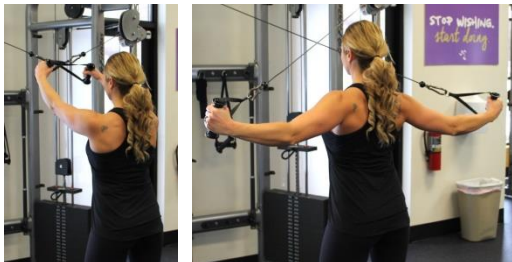


## Hammer cable curls- rope

Attach a rope to a low pulley. Hold the rope, palms inward. Moving only your forearm, keeping your upper arm stable and at your side, pull the rope up squeezing at the top then lower.



## Week 1, Day 3: Shoulders

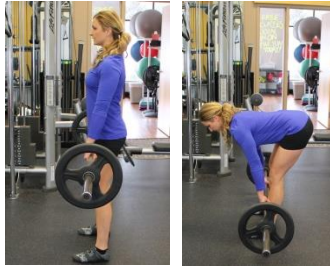



Exercise	Description	How to
<b>Upright rows - narrow grip</b>	Standing, hold a barbell with a close grip, palms facing you. Pull the bar straight up to your chin keeping elbows high.	
<b>Front plate raise</b>	Standing with your feet shoulder width apart, grasp a plate with both hands and raise it straight up in front of you, arms extended to shoulder height. Pause and lower.	
<b>Double arm lateral raises</b>	Seated or standing, hold DB's at your side, keeping arms extended, raise the DB's straight up out to the sides not going above shoulder level. Pause, lower and repeat.	
<b>Rear delt cable flyes</b>	Adjust pulley's so that they are above your head. Grab left pulley with your right hand, and right pulley with your left hand crossing the cables. Move your arms out and backward keeping your arms in a slightly bent position. Pause. Return to starting position and repeat.	

# Strength Training Plan



## Week 1, Day 4: Glutes, hamstrings



Exercise	Description	How to
<b><u>Superset</u></b>		
<ul style="list-style-type: none"><li><b>Straight leg deadlift</b></li></ul>	Standing with feet shoulder width apart, lower weight (BB, DB or KB) to mid shin keeping legs straight but joints not locked. Keeping back straight and engaging your glutes, lift weight back up.	
<ul style="list-style-type: none"><li><b>Sumo squat</b></li></ul>	Place feet in a wide stance. Hold a kettle bell or DB in front of you with both hands. Keeping your chest up, lead with your hips into a squat. Pushing down through your heels to return to the starting position.	
<b><u>Superset</u></b>		
<ul style="list-style-type: none"><li><b>Cable kick back-pump</b></li></ul>	Attach an ankle strap to a low pulley. Face the pulley machine and hold handles or the bar. Stand on a platform with the non working leg. Pull your extended working leg straight back and pump for a count (3-8), then lower and repeat 3-4 times. Switch legs.	
<ul style="list-style-type: none"><li><b>Stationary alternating lunges</b></li></ul>	Start in a neutral standing position. Hold DB's at your side. Step forward into a lunge then step back into a neutral position. Repeat with the other leg for 1 rep.	

Continued...

# Strength Training Plan



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## Superset

- **Weighted hip thruster**

Sit on the ground with the bench behind you. Have a loaded barbell over your legs. Using a pad on the bar helps for comfort. Lean your shoulder blades back against the bench so they are nearly on top of it. Roll the bar onto your hips. Drive the weight up pushing down through your heels and up with your hips. Squeeze at the top and lower.

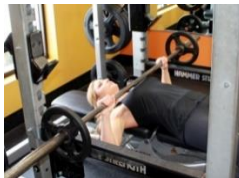





- **Alternating steps ups**

Stand in front of a sturdy platform or bench. Step up onto the bench with the right leg so that both feet are now on the platform. Then step down with the right leg leaving left foot on the platform. Step up with the left leg for 1 rep. Go at a quick but safe pace.



## Week 1, Day 5: Chest, triceps

Exercise	Description	How to
<b>Bench press</b>	Lie on a bench, tuck shoulder blades under, arching back slightly. Grasp BB just wider than shoulders width apart. Lift bar off the rack with arms extended holding the bar above your chest. Lower the bar down to your chest at the nipple line. Push the bar back up for 1 rep.	 
<b>Incline flies</b>	Adjust a bench so that it is at an incline. Holding a DB in each hand, extend arms straight up. Bend elbows slightly. Lower DB's outward to the sides keeping elbows fixed in the same slightly bent position.	 
<b>Continued...</b>		

# Strength Training Plan



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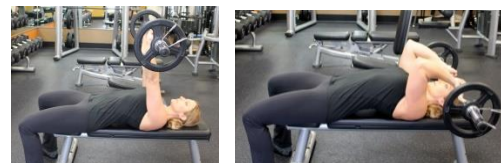
## Push-ups

Starting in a plank position, arms straight and slightly wider than shoulder width. Lower yourself to the floor and push back up. Don't let elbows flare out. You can do these on your knees, off a bench or standing against a wall.



## EZ bar skull crushers

Lie down on a bench. Hold an EZ bar with a close grip straight above your chest. Bending at the elbows, lower the bar toward your forehead keeping upper arms steady.



## Dips on dip bars

On dip bars, place hands on each bar. Take a small jump up to get your arms in an extended locked position. Bend at the elbows and lower your body until your arms go past a 90 degree angle. Stay in control. Push yourself back up to the starting position and repeat.



## Triceps cable extensions

Attach a rope or v-bar to a high pulley. Grab the rope/bar with a neutral grip, palms facing inward. Push the cable down keeping upper arm stable at your sides.



# Strength Training Plan



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## Week 2, Day 1: Legs

Exercise	Description	How to
<b>Hack squat</b>	Lay on the pad of the machine and put your shoulders up against the shoulder pads. Place your feet on the platform. Extend your legs and use the safety bars to disengage the sled. Slowly lower the unit by bending your knees. Make sure your feet are positioned so that your knees do not go past the line of your toes.	  Or  
<b>Narrow leg press</b>	Place feet just within shoulder width apart. Fully extend legs and unlock the sled. Bring knees back until legs are at a 90 degree angle, then push legs straight. Do not allow your knees to cave in through the movement.	 
<b><u>Superset</u></b>		
<ul style="list-style-type: none"><li><b>Sumo squats –kettlebell</b></li></ul>	Place feet in a wide stance. Holding a kettle bell in front of you with both hands. Keeping your chest up, lead with your hips into a squat. Push up through your heels.	 
<ul style="list-style-type: none"><li><b>Stationary alternating lunges</b></li></ul>	Start in a neutral standing position. Hold DB's at your side or a BB across your shoulders/upper back. Step forward into a lunge then step back into a neutral position. Repeat with the other leg for 1 rep.	 

Continued...

# Strength Training Plan









## 1 legged kettlebell straight leg dead lift

Holding a kettle bell in both hands, keeping your back straight, lower the kettle bell to the ground while the right leg goes back and up finishing parallel to the floor. Both legs stay straight but joints are not locked. Raise the kettle bell while bringing the right leg down and engaging the glutes and hams in the left leg. Repeat for rep range then switch legs.



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## Week 2, Day 2: Back, biceps

Exercise	Description	How to
<b>Deadlifts</b>	Stand in front of the bar so the bar is over your feet. Stand with feet hip width apart. Bend at the hip and grip the bar shoulder width apart. Lower your hips into a squat position. Keeping your chest up and back arched, drive through your heels and pull the weight up. Lower the weight to the floor by bending at the hips and finishing in the start position for 1 rep.	 
<b>Inverted row</b>	Position a bar on a rack about waist height. Sit on the floor with the bar in front of you. Grab the bar just wider than shoulder width. Position yourself hanging under the bar with your feet on the floor, body straight. Pull your chest toward the bar, pause and lower. Make this more challenging by putting your feet up on a bench.	 
<b>Seated cable rows - wide grip</b>	Attach a lat bar to a seated cable row pulley. Put feet up on the platform or crossbar. Pull the attachment back into the starting position where your arms are straight and you are leaning back a bit keeping your back slightly arched. Keep your body stabile, pull the bar into your torso.	 

# Strength Training Plan



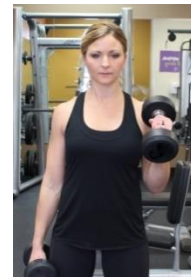
## BB curls

Stand with feet shoulder width apart. Hold a barbell, palms upward and shoulder width apart. Starting with your arms straight, curl the bar up to your chest moving only your forearms keeping your elbows close to your sides.



## DB hammer heads

Holding a DB in each hand at your sides, palms facing inward. Raise the DB up toward your shoulder bending at the elbow moving only your forearm. Upper arm stays stable at your side. Palms remain facing inward. Lower the DB. Alternate arms.


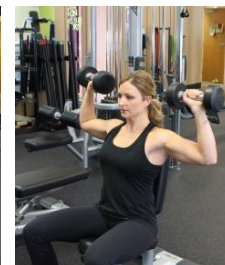


## Concentration curls

Sitting on a bench, holding a DB in one hand, place the back of your elbow against your inner thigh. Lower the weight so that your arm is fully extended. Curl the DB up toward your chest/shoulder moving only your forearm. Your upper arm stays stable against your leg. Do all reps with one arm before switching sides.



## Week 2, Day 3: Shoulders

Exercise	Description	How to
DB Shoulder Press	Sit on a bench with back support or stand with feet shoulder width apart. With DB's, hold arms at a 90 degree angle so that your upper arms are parallel to the floor. Push DB's straight up, slowly lower.	 

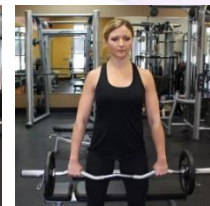
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# Strength Training Plan



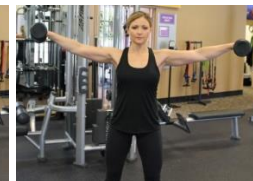
## BB upright rows- wide grip

Standing, hold a barbell shoulder width apart or in a wide grip wider than shoulder width. Pull the bar straight up to your chin keeping elbows high.



## High side lateral raises

Standing shoulder width apart, hold DB's at your side, keeping arms extended, raise the DB's straight up out to the sides all the way up over your head. Lower and repeat.



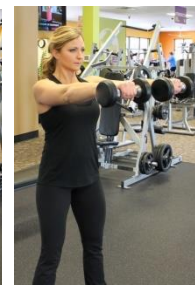
## Rear delt machine

Sit on the machine facing the pad. Adjust seat if needed. Handles should be directly in front of you. Grasp the handles and push them straight out to the side and back.





## Front DB raises

Standing with your feet shoulder width apart, grasp a DB in each hand. With your arms extended raise the DB to shoulder height. Pause and lower. Alternate your arms or raise them together.



## Week 2, Day 4: Glutes, hamstrings

Exercise	Description	How to
DB side lunge	Stand with feet shoulder width apart with knees and hips slightly bent. Step to the side keeping your toes pointing forward. Stay low driving your weight in the working leg. Keeping your back straight and chest up, push through the working leg back to the starting position. Alternate legs or do all reps on one leg then switch.	 



# Strength Training Plan

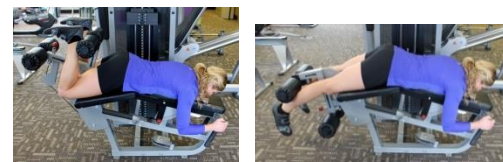


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**Straight leg deadlift** Standing with feet shoulder width apart, lower weight (BB, DB or KB) to mid shin keeping legs straight but joints not locked. Keeping back straight and engaging your glutes, lift weight back up.



**Lying hamstring curl** Adjust lower pad on your mid to lower calves. Lying face down on the pad, grasp the bars with your hands, bend at the knees and curl pad up.



## Superset

- **High side step up**

Choose a platform to your ability level at a challenging height. Stand so that the platform is to your side. Place your foot onto the platform and step up, lower yourself and repeat for rep range. Switch legs.



- **Sumo squat**

Place feet in a wide stance. Hold a kettle bell or DB in front of you with both hands. Keeping your chest up, lead with your hips into a squat. Pushing down through your heels to return to the starting position.



## Week 2, Day 5: Chest, triceps

Exercise	Description	How to
<b>Incline DB press</b>	Lie on a bench adjusted to an incline position. Tuck shoulder blades under, arching back slightly. Grasp BB just wider than shoulders width apart. Lift bar off the rack with arms extended holding the bar above your chest. Lower the bar down to your chest. Push the bar back up for 1 rep.	
<b>Continued...</b>		

# Strength Training Plan



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## Pec fly deck machine

Sit on the machine with your back flat to the pad. Grab the handles. Arms should be parallel to the floor and out to the side. Push the handles out in front of you.



## Cable flyes

Attach handles to two high pulleys. Step forward slightly. Pull your extended arms out in front of you bringing your arms together.



## DB skull crushers

Lie down on a bench. Hold one DB or two DB's together straight above your chest. Bending at the elbows, lower the weight toward your forehead keeping upper arms steady.



## Seated overhead DB triceps extensions

Holding a DB with both hands directly behind your head, elbows bent and kept in toward your head. Lift the DB straight up. Upper arms should remain stationary.



## Underhand cable extensions

Attach a v-bar or straight short bar to a high pulley. Grasp the bar with an underhand grip, palms upward. Keeping upper arm stationary at your side, pull the bar down until your arms are fully extended.







# Strength Training Plan



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## Week 3, Day 1: Legs

Exercise	Description	How to
<b>Front BB squat</b>	Place the bar on the front of your shoulders with upper arm parallel to the ground. Keeping elbows up, squat by lowering yourself leading with the hips as if you were to sit in a chair. Lower down until quads are parallel or below parallel with the floor. Push weight back up by pushing down and out through your heels as if you were going to tear the floor apart. Do this without weight if you are new to the squat.	
<b>Leg extension machine – 1 legged</b>	Seat yourself on the machine and adjust the pad so it is against the lower part of the shin but not in contact with the ankle. Fully extend one leg, pausing at the top of the motion.	
<b>Deadlift</b>	Stand in front of the bar so the bar is over your feet. Stand with feet hip width apart. Bend at the hip and grip the bar shoulder width apart. Lower your hips into a squat position. Keeping your chest up and back arched, drive through your heels and pull the weight up. Lower the weight to the floor by bending at the hips and finishing in the start position for 1 rep.	
<b>Smith machine lunges</b>	Stand in a staggered stance with one leg forward, one leg back and the bar across your shoulders/upper back. Lower the weight until your front leg is at a 90 degree angle. Make sure the knee is behind your toe line. Push up through your heel on the front leg and your toe on your back leg.	

# Strength Training Plan




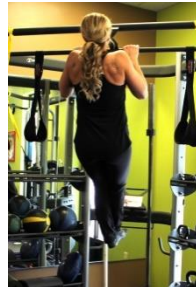
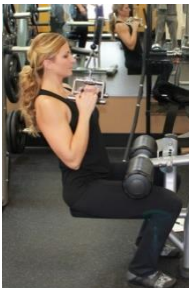



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## Calf raises 3 ways

Stand on a step so that your feet can fully flex down. Raise up and down on toes, flexing calves. Point toes inward, point toes outward and point toes straight. Split reps among the three positions.



## Week 3, Day 2: Back, biceps

Exercise	Description	How to
<b>Pull ups</b>	Grab a pullup bar shoulder width apart, palms facing away. Start with arms fully extended. Pull yourself up until your chin is over the bar. Stay steady and in control. For a little help use bands or assist machine if needed or try negative pull ups.	 
<b>Lat pulldowns-close grip</b>	Sit down and adjust the knee pad so that it will be snug on your quads. Stand up and grab the bar with a close grip. Sit down on the seat. Lean back slightly, keep chest lifted and pull the bar down to your upper chest. Keep your upper body stable. Slowly let bar raise and fully extend arms returning to starting position.	 
<b>Standing straight arm pushdown</b>	Attach a bar or rope to a high pulley. Grasp the bar with palms down (rope: palms inward). Bend your knees slightly. Keeping your back straight, bend forward slightly with your arms straight, just above your head. Keeping your arms straight, push the bar down to your upper thighs, pause, squeeze your lats and slowly raise the bar.	 

# Strength Training Plan



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## Incline DB pulls

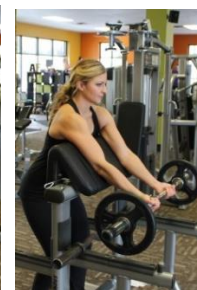
Hold a DB in each hand and lie face down on an incline bench. Start with arms extended toward the floor. Pull DB's up toward your chest, pause and squeeze your back then lower DB's.



## Superset

- **EZ bar preacher curls**
- **Hammer cable curls**
- **DB curls**

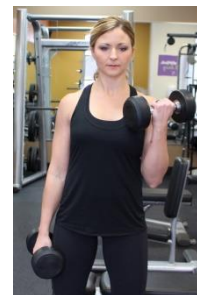
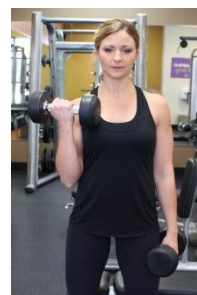
Adjust the pad so that you can comfortably sit or stand at the pad. Grab the EZ bar and place the back of your upper arm onto the preacher pad. Lower the weight until your arms are fully extended. Then curl the bar up to your shoulder height moving only your forearms.



Attach a rope to a low pulley. Hold the rope, palms inward. Moving only your forearm, keeping your upper arm stable and at your side, pull the rope up squeezing at the top then lower.



Stand with feet shoulder width apart. Hold a DB in each hand, palms facing your body. Starting with your arms straight, curl the DB up to your shoulder level moving only your forearms keeping your upper arm stable against your body.








# Strength Training Plan



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## Week 3, Day 3: Shoulders


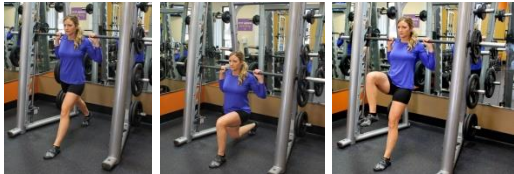



Exercise	Description	How to
<b>Arnold Press</b>	Sit on a bench with back support. Hold two DB's in front of you at upper chest level, palms facing you. Raise the DB's as you rotate the palms of your hands to face forward, fully extending arms straight above your head. Lower to starting position for 1 rep.	
<b>Alternating DB press, hold "resting arm" at 90 degrees</b>	Sit on a bench with back support or stand with feet shoulder width apart. With DB's, hold arms at a 90 degree angle so that your upper arms are parallel to the floor. Push one arm straight up, while the other stays at the 90 degree angle. Lower DB and raise the other arm for 1 rep.	
<b>Cable front raise</b>	Attach a handle to a low pulley. Stand with your back to the pulley holding the handle with one hand, palm facing pulley. Raise your extended arm up out in front of you to shoulder height. Pause and lower for 1 rep.	
<b>Side cable lateral raises</b>	Attach a handle onto a low pulley. Stand with your left side to the pulley and the right hand holding the handle at your side. Raise your straight arm up out to your side and lower for 1 rep.	
<b>Rear delt DB raise</b>	Holding a DB in both hands, knees slightly bent. Keeping your back slightly arched, hinge at the hips and bend over so your upper body is nearly parallel with the floor. With extended arms, raise the DB's out to the side engaging the rear deltoids.	

# Strength Training Plan











## Week 3, Day 4: Glutes, hamstrings

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Exercise	Description	How to
<b>Walking lunges</b>	Hold DB's at your side. You can use an EZ bar, BB or DB's. Start in a standing position. Step one leg in front of you into a lunge. Then step your back leg forward into neutral and then in front of you into a lunge for 1 rep.	
<b>Smith machine lunges- high knee</b>	Stand in a staggered stance with one leg forward ,one leg back and the bar across your shoulders/upper back. Lower the weight until your front leg is at a 90 degree angle. Make sure the knee is behind your toe line. As up you push up, lift your back leg up in front of you into a high knee. On your way back down, that leg goes back behind you to the floor.	
<b>Cable kick back</b>	Attach an ankle strap to a low pulley. Face the pulley machine and hold handles or the bar. Stand on a platform with the non working leg. Pull your extended working leg straight back then lower.	
<b><u>Superset</u></b>		
• <b>Flutter kicks</b>	Lie face down on a flat bench with your hips on the edge. Keeping legs straight, holding onto the bench. Lift and lower both legs alternating in small movements as if you are flutter kicking. Continue for time (30-60 seconds), rest and repeat.	
• <b>Reverse hyperextensions</b>	Bend over a back extension machine, table platform or swiss ball. Holding on, raise your straight legs up engaging the glutes, then lower.	

## Week 3, Day 5: Chest, triceps

Exercise	Description	How to
<b>DB bench press</b>	Lie on a flat bench. Tuck shoulder blades under, arching back slightly. Hold DB's straight up above your chest palms facing away, shoulder width apart. Lower the DB's down and to the side of your chest. Your upper arm and forearm should be at a 90 degree angle. Push the DB's back up for 1 rep.	 
<b>Decline DB or BB bench</b>	Lie on a decline bench. Tuck shoulder blades under, arching back slightly. Hold DB's or BB straight up above your chest palms facing away, just wider than shoulder width apart. Lower the DB's down and to the side of your chest. Your upper arm and forearm should be at a 90 degree angle. Push the DB's back up for 1 rep.	 
<b>Medicine ball throws</b>	Lie flat on a mat. Hold a weight ball at your chest and explosively throw the ball straight up. Catch the ball and repeat. This can be done standing with a partner back and forth or alone with an angled trampoline.	 
<b>Seated overhead EZ curl bar extensions</b>	Seated on a bench holding an EZ bar with both hands directly behind your head, elbows bent and kept in toward your head. Lift the EZ bar straight up. Upper arms should remain stationary.	 

Continued...

# Strength Training Plan



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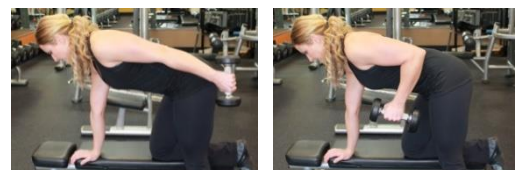
## Bench dips

Place your hands on the edge of a bench with your thumbs facing each other, shoulder width apart. Feet can be on floor, legs bent, legs straight or feet on a bench. Bend your elbows and lower your butt keeping your back close to the bench.



## Straight Arm DB kickbacks

Bend over placing your left knee and left hand on a bench. Holding a DB with your right hand, place your upper arm in line with your body parallel to the floor. Your arm should be bent. Straighten your arm by moving only your forearm straight back. Lower DB for 1 rep. Your upper arm does not move.



## Week 4, Day 1: Legs

Exercise	Description	How to
<b><u>Superset</u></b>		
<ul style="list-style-type: none"><li><b>Alternating jump lunges</b></li></ul>	Start in a lunge position, right leg forward and left leg back. Explosively push down through your feet, jump up and switch legs landing in a lunge position with your left leg forward and your right leg back.	
<ul style="list-style-type: none"><li><b>Sumo squat</b></li></ul>	Place feet in a wide stance. Hold a kettle bell or DB in front of you with both hands. Keeping your chest up, lead with your hips into a squat. Pushing down through your heels to return to the starting position.	

Continued....

# Strength Training Plan



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## Superset

- **DB Split squat**

Position your feet in a staggered stance, one leg forward, one leg back up on bench. This can be done with your back leg on the floor or on a sturdy platform. 80% of the weight will be in your front leg. Hold DB's at your side. Lower down bending your front leg to a 90 degree angle. Push weight up by pushing down through your heel.



- **One legged pump step ups**

Stand in front of a sturdy platform. Step up on the platform with one leg then lower but keep that foot on the platform and step up again. Go at a good but safe pace. Finish all reps with one leg then switch to the other leg.



## Superset

- **Straight leg kettlebell deadlift**

Holding a kettle bell in both hands, keeping your back straight, lower the kettle bell to the ground while the right leg goes back and up finishing parallel to the floor. Both legs stay straight but joints are not locked. Raise the kettle bell while bringing the right leg down and engaging the glutes and hams in the left leg. Repeat for rep range then switch legs.



- **Donkey kicks**

Get on all fours; hands under your shoulders, knees under your hips. Lift one leg back and up (keeping it in a 90 degree angle) until your upper leg is parallel to the floor or just above. You can also do this on a machine.



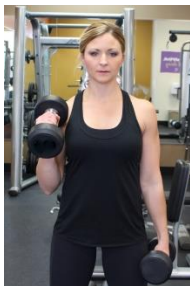
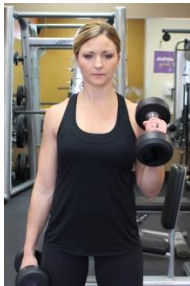






# Strength Training Plan



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## Week 4, Day 2: Back, biceps

Exercise	Description	How to
<b><u>Superset</u></b>		
<ul style="list-style-type: none"><li><b>Inverted rows</b></li></ul>	Position a bar on a rack about waist height. Sit on the floor with the bar in front of you. Grab the bar just wider than shoulder width. Position yourself hanging under the bar with your feet on the floor, body straight. Pull your chest toward the bar, pause and lower. Make this more challenging by putting your feet up on a bench.	 
<ul style="list-style-type: none"><li><b>DB Hammer curls</b></li></ul>	Holding a DB in each hand at your sides, palms facing inward. Raise the DB up toward your shoulder bending at the elbow moving only your forearm. Upper arm stays stable at your side. Palms remain facing inward. Lower the DB. Alternate arms.	 
<b><u>Superset</u></b>		
<ul style="list-style-type: none"><li><b>Back extensions</b></li></ul>	Position your thighs on the large pad adjusted to the correct height just below your hips. Place your feet on the platform or ankles under the padded brace. Cross your arms across your chest, hinge at the hips and lower your upper body down toward the floor.	 
<ul style="list-style-type: none"><li><b>DB preacher curl</b></li></ul>	Adjust the pad so that you can comfortably sit or stand at the pad. Grab a DB in one hand and place the back of your upper arm onto the preacher pad. Lower the weight until your arm is fully extended. Then curl the DB up to your shoulder height moving only your forearms.	 

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# Strength Training Plan



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## Superset

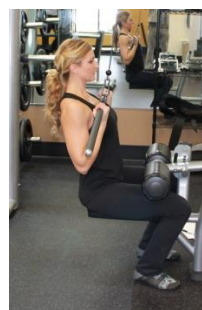
- **Lat pulldown-wide grip**

Sit down and adjust the knee pad so that it will be snug on your quads. Stand up and grab the bar with a wide grip. Sit down on the seat. Lean back slightly, keep chest lifted and pull the bar down to your upper chest. Keep your upper body stabile. Slowly let the bar raise and fully extend arms returning to the starting position.







- **Reverse lat pulldown-underhand grip**

Sit down and adjust the knee pad so that it will be snug on your quads. Stand up and grab the bar with a narrow reverse grip. Sit down on the seat. Lean back slightly, keep chest lifted and pull the bar down to your upper chest. Keep your upper body stabile. Slowly let the bar raise and fully extend arms returning to the starting position.



## Week 4, Day 3: Shoulders

Exercise	Description	How to
<b>DB Shoulder Press</b>	Sit on a bench with back support or stand with feet shoulder with apart. With DB's, hold arms at a 90 degree angle so that your upper arms are parallel to the floor. Push DB's straight up, slowly lower.	 
<b><u>Superset</u></b>		
• <b>Single arm linear jammer</b>	Position a barbell into a landmine or securely anchor it into a corner. Hold the bar in one hand at your shoulder. Extend the elbow pressing the weight straight up.	 

Continued...

# Strength Training Plan



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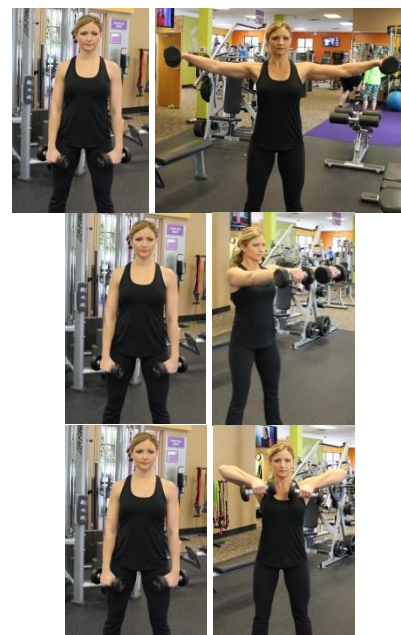
- **Rear Delt DB raises**

Holding a DB in both hands, knees slight bent. Keeping your back slightly arched, hinge at the hips and bend over so your upper body is nearly parallel with the floor. With extended arms, raise the DB's out to the side engaging the rear deltoids.




**Alternating DB lateral raise, front raise, upright row**

Do all three in a row as 1 repetition. Start by holding DB's at your side. Raise the DB's out to your side, then lower. Then raise the DB's straight out in front of you then lower. Lastly, bend elbows and raise the DB's straight up to your chin keeping elbows high. Repeat for number or reps.



## Week 4, Day 4: Glutes, hamstrings

Exercise	Description	How to
<b>Hack squat machine-</b> feet high and wide	Lay on the pad of the machine and put your shoulders up against the shoulder pads. Place your feet on the platform high and wide. Extend your legs and use the safety bars to disengage the sled. Slowly lower the unit by bending your knees.	

Continued...

# Strength Training Plan



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## Seated hamstring curl machine

Adjust lower pad on lower calves above the ankles, lower the upper pad so that it is snug just above your knees. Bend at the knees and push the bar down.



## DB alternating side lunge

Stand with feet shoulder width apart with knees and hips slightly bent. Step to the side keeping your toes pointing forward. Stay low driving your weight in the working leg. Keeping your back straight and chest up, push through the working leg back to the starting position. Alternate legs.



## Superset

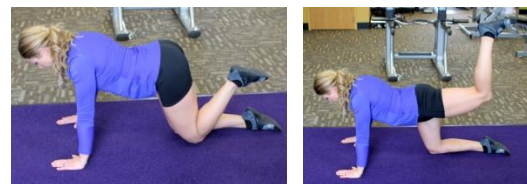
- **Frog jumps**

Stand with your feet wider than shoulder width apart. Squat down low, keeping your back straight and touch the ground with both hands then jump up so your feet leave the floor. Upon landing, squat immediately back down, touch the ground and repeat.



- **Donkey kicks**

Get on all fours; hands under your shoulders, knees under your hips. Lift one leg back and up (keeping it in a 90 degree angle) until your upper leg is parallel to the floor or just above.

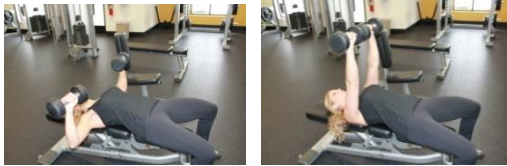





# Strength Training Plan



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## Week 4, Day 5: Chest, triceps

Exercise	Description	How to
<b><u>Superset</u></b>		
<ul style="list-style-type: none"><li><b>DB bench press</b></li></ul>	Lie on a bench. Tuck shoulder blades under, arching back slightly. Hold DB's straight up above your chest palms facing away, shoulder width apart. Lower the DB's down and to the side of your chest. Your upper arm and forearm should be at a 90 degree angle. Push the DB's back up for 1 rep.	
<ul style="list-style-type: none"><li><b>DB triceps kickbacks</b></li></ul>	Bend over placing your left knee and left hand on a bench. Holding a DB with your right hand, place your upper arm in line with your body parallel to the floor. Your arm should be bent. Straighten your arm by moving only your forearm straight back. Lower DB for 1 rep. Your upper arm does not move.	
<b><u>Superset</u></b>		
<ul style="list-style-type: none"><li><b>Cable flies</b></li></ul>	Attach handles to two high pulleys. Step forward slightly. Pull your extended arms out in front of you bringing your arms together.	
<ul style="list-style-type: none"><li><b>Overhead Triceps cable extension</b></li></ul>	Attach a rope to a high pulley. Grab the rope with a neutral grip, palms facing inward. Push the cable over your head keeping forearms stationary.	

Continued...

# Strength Training Plan



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## Superset

- **Push-ups**

Starting in a plank position, arms straight and slightly wider than shoulder width. Lower yourself to the floor and push back up explosively so that your hands leave the floor and repeat. Don't let elbows flare out. You can do these on your knees, off a bench or standing against a wall.



- **Bench dips**

Place your hands on the edge of a bench with your thumbs facing each other, shoulder width apart. Feet can be on floor, legs bent, legs straight or feet on a bench. Bend your elbows and lower your butt keeping your back close to the bench.



## *Credits*

Created by Heather Owen, Owner of Get Fit. Go Figure! LLC

Header graphic designed by Freepik

Photo's taken at Anytime Fitness Woodbury Dr. MN